

## Practical Narrative Medicine: Workshop & Toolkit

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#### Dr. Elizabeth Lahti

Associate Professor of Medicine, Division of Hospital Medicine Director of Narrative Medicine, School of Medicine Oregon Health Science University

Co-founder & President
Northwest Narrative Medicine Collaborative

#### **Objectives**

- Define narrative medicine and narrative competence
- Describe how short narrative medicine activities lead to patient centered care and team cohesion
- Connect to individual purpose in one's professional life
- Leave with a concrete steps to integrate NM into your own settings

Caregivers in Crisis: Moral Distress and Building Resilience in the Workforce "Professional burnout is the sum total of hundreds and thousands of tiny betrayals of purpose, each one so minute that it hardly attracts notice."

Richard Gunderman, MD PhD



"Professional fulfillment is the sum total of hundreds and thousands of tiny affirmations of purpose, each one so minute that it hardly attracts notice."

#### Narrative Medicine

Any medicine or healthcare practiced by someone with narrative competence.

### Narrative Competence

The ability to listen, absorb, metabolize, and be moved to action by the stories of illness

Charon R. Narrative Medicine: A Model for Empathy, Reflection, Profession, and Trust. JAMA. 2001;286(15):1897–1902. doi:10.1001/jama.286.15.1897

Disease happens to a body; illness happens to a person.



"Rather than putting ourselves in the shoes of the other, we would do better to put on our shoes and go to the other."

Gilligan, Carol. "Moral Injury and the Ethic of Care: Reframing the Conversation about Differences." The Journal of Social Philosophy, Vol. 45 No 1, Spring 2014, p104.

#### **Attention**

Close Looking
Close Reading
Creative Practice

# Perhaps the most important thing we ever give each other is our attention

-Rachel Remen, MD., Kitchen Table Wisdom

Example #1
Inpatient Hospital Wards

#### study objectives

- Design a narrative medicine activity where healthcare professionals can refocus on the human aspects of medicine: self, patient, colleagues
- Examine the feasibility and effectiveness of incorporating a narrative medicine activity into regular inpatient workflow

#### methods

NM Champion Recruitment NM Activity Survey

#### methods-notecard based prompts



What did you see or hear while rounding on this patient today? Write about what stood out to you.



Write down 5 things you know about the patient

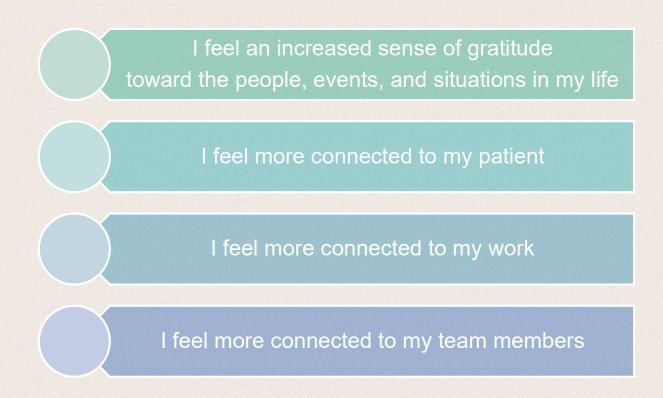


What did you notice in the patient's room today that perhaps you didn't notice before?



Did any part of the patient's story resonate with you? If yes, what?

#### survey questions



1. Strongly disagree 2. Disagree. 3. Neither agree nor disagree. 4. Agree 5 Strongly agree

#### participants

| Champions       | n=6 |
|-----------------|-----|
| Attending       | 4   |
| Senior Resident | 2   |

| Participants     | n (%)    |
|------------------|----------|
| Attendings       | 12 (28%) |
| Residents        | 17 (39%) |
| Medical Students | 11 (26%) |
| PA Students      | 3 (7%)   |
| TOTAL            | 43       |

#### participant survey responses

